

YOGA

At it's most practical level, yoga is a process of becoming more aware of who we are, becoming aware and connected to ourselves, journeying through self-discovery that leads to mastery and self-realization.

The benefits of yoga are numerous:

- Improved respiration, energy, and vitality
- Cardio and circulatory health
- Weight reduction
- Increased muscle strength and tone
- Increased flexibility
- Improved athletic performance
- Maintaining a balanced metabolism

The Apothecary at Easton offers Yoga, Qigong, and Meditation- all \$10 drop-in

Sunrise Flow with Monica McCafferty **M, W, F 6am-7am**

Vinyasa Flow with Katrina Hostetter **W 9am-10am**

Mixed level Vinyasa with Heather Hilton **M 3:30pm-4:30pm**

We are adding more classes, the full schedule is available on our website

www.theapothecaryateaston.com

10 South Hanson st. Suite 27, Easton